L A C U C I N A

TRIPE ALLA NAPOLETANA

by Bea V. Johnson

4 lb.	Tripe	2 cloves	Garlic
2 qts.	Water	3 tsp.	Salt
1 can (6oz.)	Tomatoe Paste	1 tsp.	Black Pepper
	Hot Pepper	4 T.	Olive Oil

When cooking I'm guided by the Holy Spirit. But specific amounts must be stated to create a recipe which must translate into the writen word.

In my head I hear my brother Terry and sister Clora echo Dad's request:
"More hot pepper". When making up my recipe for this issue of La Vigne, I
heeded their request and came up with a firery hot flavor. This was
attained by adding hot pepper to my broth and the 1 tsp. to the tomatoe
sauce. (So Aunt Lucy, you may want to give this a try).

Buy tripe from the supermarket which appears white in color---the whiter
the more tender the tripe.
Remove all fat from tripe. Wash tripe. Cut tripe into 1 inch squares (a
scissors does a quick job). Place tripe into pot, cover with water. Add
2 tsp. salt. Cook 1 hour or until tender.
Drain tripe from broth. Retain broth.
In pot or large frying pan put olive oil and chopped up pieces of garlic.
Add 1 cup of tripe broth, 1 tsp. salt, 1 tsp. black pepper, hot pepper to taste. Then stir in tripe and 1 can of tomatoe paste. If a thinner sauce
is desired add a little more of the tripe broth until desired consistency
is reached. Let simmer for about 10 min..

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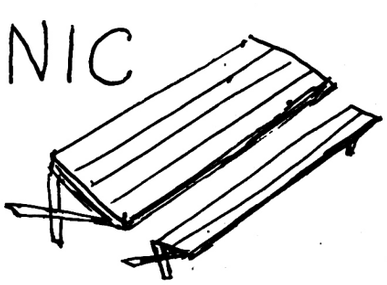

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